

Common Flu Symptoms!



Influenza usually starts suddenly and may include the following symptoms:

- **Fever** ... usually high
- **Headache** ... significant
- **Tiredness** ... can be extreme
- **Cough** ... can become severe
- **Sore throat** ... sometimes
- **Runny or stuffy nose** ... sometimes
- **Body aches** ... often severe
- **Diarrhea and vomiting** ... more common among children than adults

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

Diagnosing the Flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor's exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu *as long as you are tested within the first two or three days* of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your health-care provider. Those at high risk for complications include people 65 years or older, people with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

Know the Risks from the Flu

In some people, the flu can cause serious complications, including bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma or

diabetes. Children and adults may develop sinus problems and ear infections.

People May Have Different Reactions to the Flu

The flu can cause mild to severe illness and at times can lead to death. Although most healthy people recover from the flu without complications, some people, such as older people, young children, and people with certain health conditions (such as asthma, diabetes, or heart disease), are at high risk for serious complications from the flu.

Know How the Flu Spreads

The flu usually spreads from person to person in respiratory droplets when people who are infected cough or sneeze. People may become infected by touching something with influenza virus on it and then touching their mouth, nose or eyes. Healthy adults may be able to infect others one day before getting symptoms and up to five days after getting sick. Therefore, it is possible to give someone the flu before you know you are sick as well as while you are sick.

Source: www.cdc.gov



Because the symptoms of the Common Cold are sometimes confused with the Flu, and because the consequences are very different, take a look at the web site linked below for more information...

<http://www.cdc.gov/flu/about/disease/>